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# Living with *Multiple Sclerosis* doesn't have to mean living without hope.

A doctor's evidence-based, deeply human guide to natural healing — written for patients and the families who walk beside them. Clear science, practical nutrition, and the lifestyle scaffolding that supports remission.

## Understand the disease

What MS is, how it touches the nervous system, and why inflammation sits at the center of the story.

## Natural strategies

Anti-inflammatory nutrition, vitamin D, B12, omega-3, gentle movement, and mind-body practice.

## A plan you can follow

A 12-week scaffold to begin your own remission plan and partner with the medical team that knows you.

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